

WRAPS

PEPPER AMA WRAPS

5 Cups seeded & chopped red and yellow peppers
3 Cups chopped zucchini
1 Cup tomato, seeds removed
1 Cup sun-dried tomato, soaked and drained
1 TB. Leek or any onion
2 tsp. onion powder
2 cloves garlic, crushed
½ tsp. salt
1 avocado, mashed
3 TB. psyllium powder
¼ Cup chopped cilantro, packed

Blend – puree peppers, zucchini, tomatoes and onion until smooth. Add onion powder, garlic, salt and puree again. While blender running, add the avocado, psyllium for a few seconds.

Pulse cilantro until broken in pieces.

Using ½ c. mix for each wrap, use a flat spatula to quickly form 3 discs on teflex sheets to measure 7” each.

Dry at 105 for 4 hrs. or until you can easily remove from the sheets.

Turn wraps over onto screens. Cover with another screen to keep flat. Continue to dry 3-4 hrs until dry but flexible.

Store in frig up to 2 weeks or freezer – 2 months.

Or make square wraps by filling and spreading on whole area of sheet. When dry cut into squares with scissors or pizza cutter.